

Bō Shǒu (Blocking/grabbing Hand)

Standing Form:

1. *Qīn Pū Zhàn* (Encroaching, pouncing stance):

- Start by standing straight with left shoulder facing forward (i.e., “north” down the intended path) and arms hanging loose at the sides of the body.
- While stepping back one step, rotate the left hand CW across the face and down the front of the body to the top inside of the left thigh so that the left elbow points forwards. At the same time, raise the right hand to the front of the right hip so that the right elbow points backwards.
- The left elbow should be in line with the nose, left knee, and left foot. The legs should be straight with left foot in front with toes raised and right foot at a 45° angle (pointing “northeast”) to the left foot.
- Keep the head high, and look down the nose.

2. Start:

- While stepping with LLF into *gōngbù*, raise the left arm up towards the face, pass right arm CW first under and then outside of the left arm in front of the face with palm facing inwards and fingers and wrist relaxed (i.e., loose). Turn the right hand outwards after it passes the face and grab sharply downwards and backwards to the right hip. The upper body twists to the right from the waist as the hand crosses the face and grabs; and the body sinks downwards. The left arm is across the front of the lower chest.
 - While stepping with RLF into *gōngbù*, push straight ahead (lower chest high) with open right hand from beside the hip, with non-pushing hand below the wrist of the pushing arm. During the push, use a strong twist of the waist and a sudden straightening of the hind leg and body.
3. While drawing the right leg back a foot or so behind the left leg at shoulder width apart, pass left hand under right arm, across face CCW, and grab downwards and backwards to left hip. Then push with the left arm while stepping with LLF into *gōngbù*.
4. While stepping the left leg back, circle the right arm, etc. Continue repeating sequence.
4. Finish with *tā bǎ* (collapsing grasp): After pushing with the right hand, step backwards (south) with right leg while moving the open left hand (with partially curled fingers) over the right forearm and right hand (also with partially curled fingers) directly in front of the body chest high. As the left foot is raised on the heel and dragged backwards a short distance, the left hand is dropped to the front of left upper leg and right hand is dropped to above crotch against lower stomach. Palms face downwards.

Moving Form:

1. *Qīn Pū Zhàn*
2. Start: Same as above.
3. While stepping again with RLF, cross the face CCW with the left hand and grab to left hip. Step with LLF in *gōngbù* and push with left arm straight ahead.
4. Turn: With RLF, turn to the left. While turning left, move left hand CCW across face and grab to left hip at end of the turn (and while facing south); step with LLF into *gōngbù* and push with left hand.
5. Finish (two types):
 - First finish:
 - Turn as above.
 - After pushing with left hand, push straight ahead with right hand along the top of left arm without stepping.
 - *Tā bǎ*.
 - Second finish:
 - Turn as above.
 - Step with LLF again, circle and grab with right arm, step with RLF and push with right arm.
 - *Tā bǎ*.

Notes:

- Although the hand circles in front of the body and face before grabbing, the elbows of both arms are kept near the body.
- Step smoothly; don't jump.
- Circling hand touches underneath the other arm for a short distance to break any hold by the opponent.
- In application, the circling and grabbing hand may move in a small or large circle.
- Take a big step between the legs of opponent during the push; and don't lean over.

Sample applications:

- The "push" can be (1) an open-handed push, (2) palm strike, (3) punch with fist, or (4) a grab of clothes and body.
- The initial pull is to get the opponent off balance.
- One possible sequence:

- Grab opponent's left wrist with your right hand, pull it sharply downwards and towards your right hip, release it, step between his legs with RLF, and push, palm strike, punch, or grab him in the chest.
- Step with LLF and grab his throat with your left hand.
- Punch him in the crotch, stomach, or chest (without stepping) with your right fist.
- After grabbing the opponent's arm, you can use a rising punch to the opponent's crotch with a fist or back of the wrist of the other hand as you pull him towards you.
- If using a second grab instead of a push, twist the opponent's clothes so that your hold is hard to break. The other hand can then grab the back of his neck to keep him from escaping. Knee opponent with the leg opposite to the hand grabbing the clothes.
- Instead of a push or grab to the chest, grab the opponent's throat with one hand, punch his crotch while stepping forward with the opposite leg.